

**Student Expectation #11**  
**GENERAL SCORING GUIDE**  
**Develop and Maintain Positive Health and Fitness Habits**

SCORE	DESCRIPTION
4	<ul style="list-style-type: none"> <li>✓ Student demonstrates a thorough understanding of health and fitness concepts and personalizes to maintain wellness.</li> <li>✓ Student provides a detailed analysis of how habits enhance health and fitness.</li> <li>✓ Student consistently demonstrates mastery of health and fitness literacy, self-management, and advocacy.</li> </ul>
3	<ul style="list-style-type: none"> <li>✓ Student displays an accurate understanding of health and fitness concepts.</li> <li>✓ Student provides some ideas about how habits enhance health and fitness.</li> <li>✓ Student demonstrates health and fitness literacy mastery but does not extend the understanding to self-management or advocacy.</li> </ul>
2	<ul style="list-style-type: none"> <li>✓ Student displays an incomplete understanding of health and fitness concepts.</li> <li>✓ Student provides limited and sporadic ideas about how habits enhance health and fitness.</li> <li>✓ Student demonstrates limited mastery of health and fitness literacy, self-management and advocacy.</li> </ul>
1	<ul style="list-style-type: none"> <li>✓ Student displays severe misconceptions of health and fitness concepts.</li> <li>✓ Student does not demonstrate any analytical skill to connect habits with health and fitness.</li> <li>✓ Student makes critical errors in demonstrating health and fitness literacy, self-management and advocacy.</li> </ul>